

Anti-Inflammatory Golden Latte

What if we told you that your new favourite latte will be cozy and delicious, and also reduce inflammation while nourishing your joints?

It's not too good to be true, try this anti-inflammatory golden latte! With warming spices like turmeric and cinnamon to fight inflammation and **CanPrev's Collagen Joint & Cartilage**, your tired, sore joints won't know what hit them!



Preparation time: 5 mins | Servings: 1



Ingredients

- 1 cup plant-based milk (preferably coconut)
- 1 tsp honey, or maple syrup
- ¼ tsp ground cinnamon
- Pinch of ground black pepper
- 1 capsule of Curcumin-Pro, opened, or 1 tsp ground turmeric
- 1 scoop Collagen Joint & Cartilage Powder

Optional:

- ¼ tsp ground ginger
- ½ tsp coconut oil
- Pinch of ground nutmeg

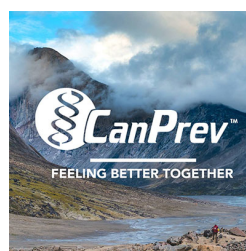
Method

1. Add all ingredients except Collagen Joint & Cartilage Powder into a small saucepan and whisk gently over low heat, until warmed to your desired temperature.
2. Remove from heat, and transfer to blender.
3. Add a scoop of Collagen Joint & Cartilage Powder, and blend for 10-15 seconds, or until frothy.
4. Pour into your favourite mug, and enjoy!

Featured Products



Developed by: CanPrev Team



The CanPrev team believes in nourishment with nutritious whole foods. For added support to our healthy and active lifestyles, we reach for high-quality, effective supplements!

